



West Hudson Psychiatric Society
of the American Psychiatric Association
serving Rockland, Orange, Sullivan & Delaware Counties



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eSynapse

March 2013

Editor's Comments

James Flax, MD, MPH, DFAPA

My profuse thanks once again to those who have contributed to this issue of eSynapse! Please scroll through the entire newsletter as there are many items you will find interesting and useful throughout.

We are including a synopsis of our meetings so all readers will have an idea of district branch business. But, it's only a synopsis. You have **got to come** to a meeting to appreciate the rich discussions. **PLEASE JOIN US.**

Syed Abdullah, MD once again sent us an erudite article. The APA has sent information that is relevant to psychiatric practice in any setting. There are ads for a job in Orange County, offices for rent in Rockland, Depression Support Groups, research subjects at NKI, meetings, and insurance that may interest you. Please scroll all the way to the end to see it all. And, if you are not receiving the MSSNY eNews, here's a link where you can read about issues of interest to all of medicine in New York State:

<http://www.mssny.org>.

I have written in previous issues about the creation of a **list-serv** where a member can notify the entire list of a patient needing care, their requirements (location, insurance, expertise, etc) and any one who is a member of the list can reply (on or off list) if they have an opening. Ivan Goldberg, MD (of Psycho-Pharm listserv fame) graciously agreed to host this list at Psycho-pharm.com and we are going to try it out but need enough of our clinicians (private practice and clinics) to participate to make it work. So far 12 have indicated an interest. If we can continue to enroll 12 every month or two we'll have a "critical mass" to have a viable mechanism for helping prospective patients find a suitable psychiatrist. If you want to be included in this listserv and keep this project alive, please email me at drflax@aol.com. This project was sparked by Dr. Scott Lawrence repeatedly commenting on the long waiting lists for patients to see a psychiatrist in Rockland County, particularly if they have insurance restrictions. Dr. Lawrence recently told me he as reached out to the training directors of nearby residency programs to let them know that there are private practice opportunities here in Rockland. Maybe we'll

be seeing some early career psychiatrists relocating to Rockland who can contribute to shortening those long waiting lists.

Email allows us to communicate with you more efficiently and in a timely fashion. You are receiving this publication because we have your email address. All the other members whose email addresses we don't have are not getting this news. Please ask every APA member you know to **SEND THEIR EMAIL ADDRESS TO** Liz Burnich at westhudsonpsych@gmail.com. Please ask every psychiatrist you know who is not an APA member to please join and **SEND US THEIR EMAIL ADDRESS**.

My goal in publishing this electronic newsletter is to increase communication between and among all of our members. I can only do this with your participation. I want a psychiatrist from every organization, clinic and institution in the counties of Rockland, Orange, Sullivan and Delaware to send me an article, of any length, describing any events, news, changes, presentations or opinion. That means that **YOU** can contribute by designating someone at your place of employment, or volunteering yourself, to send me something about where you work, how you practice, opinions about anything of relevance to psychiatrists, etc. **COME ON, ALL YOU MEMBERS. SOME OF YOU BESIDES THE REGULARS MUST HAVE NEWS:** promotions, births, recipes, accomplishments, summer vacations, new hires, new programs, case observations.

There are a *myriad of opportunities* for you to become involved in your community through your district branch. The advantages are numerous in addition to the pleasure of giving back. There is the true pleasure of working with your colleagues in psychiatry and/or in other mental health fields. There is the opportunity to be creative in developing a program around your interests. There is the joy of learning something new.

FREE LUNCH

West Hudson Psychiatric Society

Next Executive Council Meeting

Il Fresco Restaurant, Orangeburg, NY

Journal Club (15 minutes) PROMPTLY at 12 Noon

Followed immediately by Business Agenda

Date: Friday, April 5th, 2013 @ 12 Noon at Il Fresco in Orangeburg, NY.

If you are curious about what happens at the executive council meetings,

PLEASE JOIN US. IT'S A FREE LUNCH

Please contact Dr. Mavromatis (marymavromatismd@gmail.com or at 845-358-7219) if you are planning to attend.

If you speak to your colleagues who are not members of the APA, remind them to become members. If members, tell them you've received your eSynapse and ask if they received theirs. If not, tell them to email Liz Burnich at westhudsonpsych@gmail.com with their email address so they can be added to the list.

While some have indicated it is too costly to join the APA, the link below will remind you of the many benefits. The West Hudson Psychiatric Society Membership is one of the

least costly in the nation and we hope to keep it that way. The benefits are numerous.
<http://www.psych.org/Resources/Membership.aspx>

PRESIDENT'S COLUMN: STAY INVOLVED

Mary Mavromatis, MD (marymavromatismd@gmail.com, 845 358 7219)

Greetings to our members and our mental health colleagues! Presently, we are limited in our ability to reach out to our community and other interested mental health professionals by whether we have your current e-mail addresses. Hopefully, within the next few months we will have a fully operational web site which will include our e-synapse publication, and be an easily accessed source of information about our district branch, our individual members who choose to be included in our directory, the APA, and helpful information for the public about psychiatry and how to obtain treatment.

Other recent developments include scheduling our next dinner meeting for April 19th. Our guest speaker will be Seth Stein from NYSPA who will present a program reviewing the recent CPT code changes. For those of you who have attended Seth Stein's seminars on the coding changes this will be a very useful review and an opportunity to ask questions, and for those of you who have not yet attended a coding seminar this will be an important and useful presentation. In addition to the presentation on coding changes, Mr. Stein will also address questions during the Q and A that so many of us have about the recently enacted Secure Ammunition and Firearms Security (SAFE) Act. As I mentioned in my letter last month this new law was passed by NYS in the aftermath of the Newtown shooting and was meant primarily to strengthen the laws governing access to firearms but also included a controversial provision requiring the reporting of a patient who "is likely to engage in conduct that would result in serious harm to self or others".

Speaking of the SAFE Act, I recently received a letter from the NYSPA PAC (political action committee) that I'm sure most of you have received as well. Now I am a bit embarrassed to admit that prior to attending the NYSPA legislative meetings, I automatically threw these mailings away without reading them. The few times I happened to open the envelopes (probably by accident) and glanced at the letter I had no idea what they were talking about (ignorance is sometimes bliss). And besides, why were they asking me for money? Wasn't I already paying enough in dues?! But I now have a better understanding of what they are doing and how they are doing it (they have to pay someone to do the lobbying). Some of the current issues and legislation or proposed legislation that they are addressing include 1) drafting "proposed amendments to the law (SAFE) that would provide greater safeguards for the confidentiality of health information while taking into account the need to protect public health and safety" 2) strong opposition to the Internet System for Tracking Over Prescribing (I-STOP) Act which will require physicians to consult a new online registry before prescribing any controlled substance (an obviously huge burden on our profession). 3) out of network reform. And 4) opposing the repeal of prescriber prevails legislation for the use of atypical antipsychotics in Medicaid Managed Care. So, even if you are not ready to write NYSPA PAC a check, just become familiar with these issues since they affect us all in one form or another. Read the mailings or if you have any questions, thoughts, ideas or opinions contact our legislative rep Suma Srishaila.

I hope to see many of you at our Spring dinner meeting. We will be voting for our new President of WHPS. Sadly, my tenure as president is coming to a close and this will be the last business meeting I will preside over.

See you in April!

Summary from Executive Council Meeting **Friday, February 22, 2013**

Attendees Present: Mary Mavromatis, Raj Mehta, Nigel Bark, Dom Ferro, John Fogelman and Liz Burnich

Journal Club – Raj Mehta presented an article on the use of psychotropic medications with Alzheimer’s patients and an interesting discussion followed.

President's Address – Welcome to Dr. Paulina Bajsarowicz, a Geriatric Psychiatry Fellow from RPC who is attending our meeting this month as a guest. Dr. Bajsarowicz is from Canada and it was interesting to get her insight into the similarities and differences of both psychiatry and education between the US and Canada. Dr. Mary Mavromatis mentioned that she saw an article in the NY Times that quoted a member of NYS Psychological Association on gun control. Upon reading this article and noticing that this person is from Rockland County, Mary has reached out to him.

Spring CME Dinner Meeting – Dr. Raj Mehta has confirmed that Seth Stein has agreed to be the speaker at our April Educational Dinner Meeting. The meeting topic will be CPT Coding but Seth will entertain off-topic questions at the end of his presentation on other subjects such as risk management, gun control, etc. The date is set for Friday, April 19. Liz will coordinate the details with La Terrazza and Dr. Robert Sobel for the CME requirements. We had a discussion about purchasing audio-visual equipment for our district branch so we don’t have to scramble to borrow equipment before each meeting. Liz will look into the costs of this.

Coalition Update – The next general meeting of the Coalition is scheduled for March 7th at 12noon at the Robert Yeager Health Center, Building F conference room.

DSM-5 Training – Dr. Nigel Bark and Dr. Russell Tobe will be attending the DSM-5 training at the APA Annual Meeting in San Francisco this May. We discussed WHPS (Russ and Nigel) putting on a presentation in June (possibly June 19) at RPC as part of their Grand Rounds. Raj will discuss this with RPC. All WHPS members as well as RPC psychiatrists would be invited. We also had a discussion about having some sort of reception that offered refreshments after the presentation. Lastly, we discussed marketing ideas – possibly a giveaway with WHPS on it. One well-received idea was ceramic coffee mugs. Liz will look into the cost of this.

New York State Psychiatric Association – Dr. Nigel Bark advised that the Next NYSPA meeting is scheduled for March 16th at the LaGuardia Marriott. Dr. Bark will be attending. Dr. Mavromatis is going to check with Dr. Suma Srishalia to see if she plans

on attending also.

Next Executive Council Meeting - Friday, April 5th, 2013 at 12 noon at Il Fresco, Orangeburg, NY. Dr. Mary Mavromatis will present at the next Journal Club.

CORRESPONDENCE

(Editors note: I vowed when I started this publication to publish anything sent to me. Please do so. Please send me announcements, news, notices, rumor, recipes, innuendo, ads etc).

William Chester Minor, MD The Brilliance Of A Tortured Mind

Syed Abdullah, M.D.

William Chester Minor graduated from the Yale Medical School in February 1863 at age 29. He was a brilliant and diligent young doctor who was also accomplished in the classics and world literature. The American renaissance in arts and letters was in full swing under the influence of the New England Transcendentalists. Writers and poets like Emerson, Thoreau, Nathaniel Hawthorne, Louisa May Alcott, Walt Whitman, William James and others, dominated the American literary and philosophical scene. But there was a dark side to the historical realities of the time. The American Civil War was raging and the fate of the Union was hanging in the balance. The news from the front was gloomy, the federal forces were suffering serious setbacks, the mayhem and conflagration were staggering.

To a sensitive mind like Minor's, the choice between a promising academic and professional future and a call for duty, to contribute to the abolition of slavery and preservation of the Union, was heart wrenching and difficult. But it did not take too long for this young physician, this man of letters and this idealist, to make his choice in favor of the battle-front. Because of his young age and inexperience, he was not accepted as a commissioned officer in the army's Medical Corps. He was inducted as a volunteer acting assistant surgeon and sent to the battle-front, to work in an advanced field hospital in Virginia. This was at a time when the battle of the Wilderness was raging, with its attendant intensity of bloodshed and high casualties, and cases of burns, malaria and dysentery. Dr. Minor plunged himself to work under the horrendous conditions of the realities of a ruthless war.

Mercifully, general anesthesia with the use of ether and chloroform had come into vogue, making the major surgeries, amputations and wound debridement etc painless. Unfortunately, the concept of asepsis was not yet known or practiced. It would take another decade after the end of the Civil War for the understanding of sepsis and the role of bacteria in wound infections etc. To convey the situation at the field hospital the following two accounts, one by Louisa May Alcott and the other by Walt Whitman are worth considering:

Louisa May Alcott, who was a nurse volunteer at one of the field hospitals wrote: "The patient endurance of these men, under trials of the flesh, was truly wonderful. Their fortitude seemed

contagious, and scarcely a cry escaped them, though I often longed to groan for them, when pride kept their white lips shut, while great drops stood upon their foreheads, and the bed shook with the irrepressible tremor of their tortured bodies.”

Walt Whitman, had this to say: “There they lie...in an open space in the woods, from 200 to 300 poor fellows - the groans and screams - the odor of blood, mixed with the fresh scent of the night, the grass the trees-that slaughter-house! o well is it their mothers, their sisters cannot see them...”

The stress of working under these circumstances was tremendous on a sensitive young man brought up in the puritan traditions of the times. Despite the battlefield stresses, William Minor acquitted himself well enough to gain his commission and the rank of a captain in the army Medical Corp in 1866. But before he achieved this promotion he had an excruciating experience that haunted him for the rest of his life. To stem the tide of desertions from the ranks, the army brasses had devised many measures, one of which was to brand the deserters, when caught in the act of desertion. The branding was sometimes done over the cheek so that the would-be deserter carried a visible mark of shame on his face forever.

The officers in his company decided to have one of the deserters branded in this fashion by William Minor. The deserter happened to be an Irish recruit in his twenties, who was held by four soldiers while the reluctant doctor had to proceed with the branding of the letter D over his cheek. As they led the screaming man, the young doctor was gripped with the pain of having done something against the Hippocratic oath, which forbids doing harm to the patient. This feeling of guilt endured in his mind for the rest of his life. His tortured existence echoed Shelly’s lines: “I fall upon the thorns of life, I bleed.”

In 1867 Dr. Minor was transferred to New York and stationed in Governor’s Island. While posted there he started showing behaviors that puzzled his peers and officers. For example, he expressed fears that the Irish were after him for revenge for his act of cruelty to their compatriot. He would carry his service revolver, colt .38, even when he went off duty in civilian clothes. This was in violation of the regulations but he justified it for reasons of his personal safety. He would make nightly excursions to Manhattan by boat frequenting the bars and brothels in the lower Eastside and in Brooklyn. He pursued this routine despite being diagnosed with venereal diseases. He also became quarrelsome and irritable with his peers, accusing them of plotting against him, and talking about him behind his back.

Matters came to such a head that he was transferred away from New York to Florida. Here he engaged, in his free time, in doing watercolor painting and playing the flute. His delusional behavior persisted and he got into fights with his fellow officers, even with the ones who were his friends. It was here that his mental condition came under scrutiny. He was examined by senior medical officers, who diagnosed him as suffering from a persistent form of paranoia, which they labeled as ‘monomania’. He was advised to get inpatient treatment at the Federal Mental Hospital, (which was later named Saint Elizabeth Hospital) in Washington, DC. He accepted the suggestion and stayed there for 18 months.

At the end of this period, it was determined that his paranoia was persisting, and that his condition was a service related disability, sustained in the course of his military duty. He was thus retired from the army as a captain with full benefits of his rank.

After release from the hospital he decided to journey to England, to escape his imaginary tormentors. In London he chose to live in the district of Lambeth, which was a rundown slum

area that abounded in brothels and bars. The one precaution he took was to ask his landlady if any Irishman lived in her rooming house. He also made several appearances at the local police station to report that the Irish were after him. He carried his revolver on him at all times. One night he thought that an intruder had just come into his apartment. He jumped out of his bed and ran into the street. It was close to midnight when he saw a man walking in the dark. Minor had no doubt in his mind that this must be his tormentor and right there fired three shots in the direction of the hapless man. The man collapsed and died of the gunshot wounds.

Minor made no attempt to hide his crime and offered no resistance to the arresting police officers. At the police station he confessed to his crime and made a statement about having mistakenly identified the man to be the Irishman who was out to harm him.

He repeated his delusional statements in the course of the trial. The judge decided that Minor was insane and that the crime was committed under the influence of a delusional thought. He was therefore confined to an institution for the criminally insane at Broadmoor. The McNaghten rule had been in vogue since 1843 and was generally invoked in the Victorian courts as a 'not guilty by reason of insanity' plea.

Fortunately for William Minor, this was a time of reforms and the introduction of humane treatment of the mentally ill. At the Broadmoor Asylum for the Criminally Insane, Minor received many privileges that were newly introduced. Besides, being an American and receiving a regular infusion of funds in the form of his army pension, resulted in added benefits for him. The superintendent of the Asylum was a kindly Englishman, who went out of his way to make his new patient comfortable under his care.

Minor was allotted two adjoining cells instead of one. He was also permitted to buy books, have bookshelves constructed and have a table and chair in his 'study'. He had his flute and his easel for painting whenever he was tired of reading and writing. He was able to hire other inmates of the asylum to help him with the maintenance of his little two room 'apartment'.

He was full of remorse for having murdered Mr. Merrett, and arranged for his widow to be generously compensated for the loss. She in turn forgave him, and later became friendly enough to visit him regularly in the Asylum. She was of great help in getting him books from the antiquarian bookstores in London. He revived his interest in reading the literature of the 15th, 16th, 17th and 18th Centuries.

During this time he came across a flyer, given out by James Murray who was compiling the Oxford English Dictionary. In the flyer Professor Murray had appealed for volunteers, to help him with the arduous task of tracing the origins of English words and their roots in antiquity. He needed examples of the earliest usage of each word, with actual quotations and annotations of the authors. The dictionary was to become the definitive lexicographic source of the English language in its entirety.

Dr. Minor immediately responded to Professor Murray's appeal, and became a valuable contributor to the compilation of the dictionary. This activity kept him busy and productive for most of the years of his stay at Broadmoor. Dr Murray visited him and forged a personal relationship with the man he admired so much. Minor, still very delusional, developed enough rapport with Dr. Murray to confide in him about the 'bizarre' visitations of his enemies who came through the rafters and the cracks in the floor. He always mentioned the 'unspeakable' acts these intruders tried to force upon him. Dr. Murray listened politely and even went on walks with

him on the grounds of the hospital. Occasionally, the director of the Asylum invited the two gentlemen to his quarters for tea.

The work on the Oxford English Dictionary progressed and Minor continued to be a major contributor in finding the origins of words and their usage over the centuries. This continued for many years, although he was still plagued by his delusions that became increasingly bizarre. With the advent of electricity, he incorporated it into his delusional repertoire claiming that his enemies were passing electric currents in his body. Later, with the successful launching of the airplanes, he declared that he was being taken nightly on planes to far away lands, for performing 'unspeakable acts.'

Finally he reached a point when the editorial board noticed a perceptible decline in his productivity. It is to be noted that the administration of the Asylum changed several times, effecting the general atmosphere of leniency enjoyed by the inmates. Towards the end of his stay at Broadmoor, a particularly strict regime took over under an authoritarian director, who was appointed following several escapes of the inmates from the asylum. The new director decided to run the place with an iron hand, to improve discipline and safety. Privileges were curtailed and contacts between inmates and the outside world were restricted.

In the case of Dr. Minor it was decided against letting him enjoy two cells, a private library and frequent visitors. The unkindest of the moves was to place Minor, now in his seventies, in the infirmary where he had to stay with aging and deteriorated patients. His friends, though they tried, could not make the authorities reverse their orders. The reason was given that Minor had shown self-injuring tendencies and therefore it would be safer to keep him in a ward where better supervision could be provided. At this time Minor seems to have given up. His contributions to The Dictionary came to a grinding halt. He demanded to be returned to his country. After a lot of bureaucratic hurdles, he was finally permitted to sail for America with his brother, Alfred.

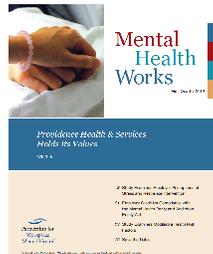
After 38 years of incarceration at Broadmoor he was transferred to St. Elizabeth Hospital where he stayed, with the diagnosis of Dementia Praecox, for another 8 years between 1910 to 1919. Towards the end of this period, a toothless, balding Minor, who was by now almost deaf, blind, very frail and with failing cognitive functions, and still quite delusional, was transferred to the Hartford Retreat. He was able to write to Sir Murray's widow a letter of sympathy on learning about his dear friend's death. In that letter he bequeathed her the books that he had acquired at Broadmoor. Those books are now a part of the OED library collection in Oxford.

After two years at the Retreat, he died at the age of 85, and was taken home to be buried at the cemetery in New Haven. Thus ended the saga of this brilliant man who, despite his insanity, made a lasting contribution to the Oxford English Dictionary wherein he is remembered with a note of acknowledgment.

Acknowledgments:(1) S. Winchester The Professor and the Madman. (2)Yale Medical School Historical Library (personal communication). Other references will be provided upon request



February 2013



Mental Health Works!

The latest issue of the Partnership for Workplace Mental Health's free quarterly newsletter, [*Mental Health Works*](#), is now available online. This edition of *Mental Health Works* features Providence Health & Services, an employer that demonstrates how even in the face of challenges and changes, organizations can maintain their values and continue a culture of valuing their employees. Other stories in the issue include:

- Study Examines Employer Perceptions of Stress and Resilience Intervention
- Employer Guide for Compliance with the Mental Health Parity and Addiction Equity Act
- Study Examines Modifiable Health Risk Factors

Mental Health Works is available in both [digital magazine](#) and [PDF](#) formats. To ensure that you continue to receive *Mental Health Works*, visit the [subscribe](#) page on the Partnership website.

Nominations Invited For 2014 Spurlock Minority Fellowship Achievement Award

APA/APF is seeking nominations for its 2014 Jeanne Spurlock Minority Fellowship Achievement Award. This award recognizes the outstanding achievements of [mid-level to senior](#) alumnae and alumni of the APA minority fellowships and encourages continued involvement in the fellowship program. A list of alumni's can be found at <http://www.psych.org/Resources/OMNA/MFP.aspx>.

The award will be presented at the minority fellows and alumni reception during the 2014 APA Annual Meeting in New York.

Nominations should include a brief letter describing significant contributions, with specific details regarding the candidate's qualifications for the award, and a curriculum vitae. The deadline for receipt of nominations is **April 30**. For more information, contact Marilyn King at (703) 907-8653 or mking@psych.org. The award will be presented at the fellows' reception during the APA Annual Meeting in New York, NY in May 2014.

Previous award winners include Drs. Irma Bland (deceased), William Lawson, Patricia Ordorica, Mindy Fullilove, Robert T.M. Phillips, Michelle Clark, Yvonne Ferguson, Toni Love Johnson, Stephen McLeod-Bryant, Ikwunga Wonodi, Kenneth Rogers and Denese Shervington.

Nominations should be submitted to Toi Harris, M.D., Chair, APA/SAMHSA Minority Fellowship Selection & Advisory Committee, American Psychiatric Association/OMNA, 1000 Wilson Blvd., Suite 1825, Arlington, VA 22209

Congratulations to alumnae Cheryl Al-Mateen, M.D., winner of the 2013 Jeanne Spurlock Minority Fellowship Achievement Award

Dr. Cheryl Al-Mateen, FAACAP, DFAPA, has worked at Virginia Commonwealth University School of Medicine for over 20 years. She is a graduate of Howard University and the Howard University College of Medicine, and completed her psychiatry residency and child psychiatry fellowship at Hahnemann University in Philadelphia. Dr. Al-Mateen is Board Certified in General, Child and Adolescent, and Forensic Psychiatry. She serves as the Director of Inpatient Services at the Virginia Treatment Center for Children (VTCC) of the VCU Health System. She is an Associate Professor in the Departments of Psychiatry and Pediatrics at VCUSOM and serves as Chair of the School's Multicultural Affairs Committee and Chair of the Clinical Subcommittee of the Curriculum Council. She is Clerkship Director in Psychiatry, and Co-Course master of the Physician, Patient, and Society Longitudinal Curriculum. Dr. Al-Mateen received the VCU Presidential Award for Community Multicultural Enrichment, and the Excellence in teaching award from the VTCC Trainees. She has also received the Service and Dedication awards from the VCUHS psychiatry residents and from the VTCC Trainees and has received the Outstanding Teacher Certificate Award from VCU medical students. Dr. Al-Mateen serves as co-chair of the Diversity and Culture Committee of the American Academy of Child and Adolescent Psychiatry. She is married to Dr. K. Bakeer Al-Mateen and is the mother of two.

Spread the Word About APA's Medical Student Elective in HIV Psychiatry

APA members who work with fourth-year medical students (particularly from racial and ethnic minorities) are encouraged to invite them to apply for APA's clinical or research elective in HIV psychiatry. The month-long elective begins with intensive two-day training in Washington, D.C. Students then travel to training sites for their clinical or research experience in September. The deadline for applications is March 31; click [here](#) for an application. Additional information can be obtained from Diane Pennessi at (703) 907-8668 or dpennessi@psych.org.

Foundation Seeks to Honor Psychiatric Researcher

<http://paracom.paramountcommunication.com/et/11396955:14558307371:m:1:285964806:D5C649B683B48D752B9BBB54138B3A16:r> The Psychiatric Foundation of North Carolina is seeking nominations for the V. Sagar Sethi, M.D., Mental Health Research Awards. The award will be given to a scientist for significant contributions to basic research in the neurosciences, psychology, or pharmacology at a molecular, cellular, or behavioral level. The research must have made a significant contribution to basic research and had a significant impact or is highly likely to have a significant impact on clinical psychiatric care; candidates must hold an M.D. or Ph.D. and be conducting active research in the United States. Nominations must be submitted by March 15. A one-page nomination letter and the nominee's CV should be sent via email to

kmilam@ncpsychiatry.org. Visit the Psychiatric Foundation of North Carolina's [web site](#) for more information.

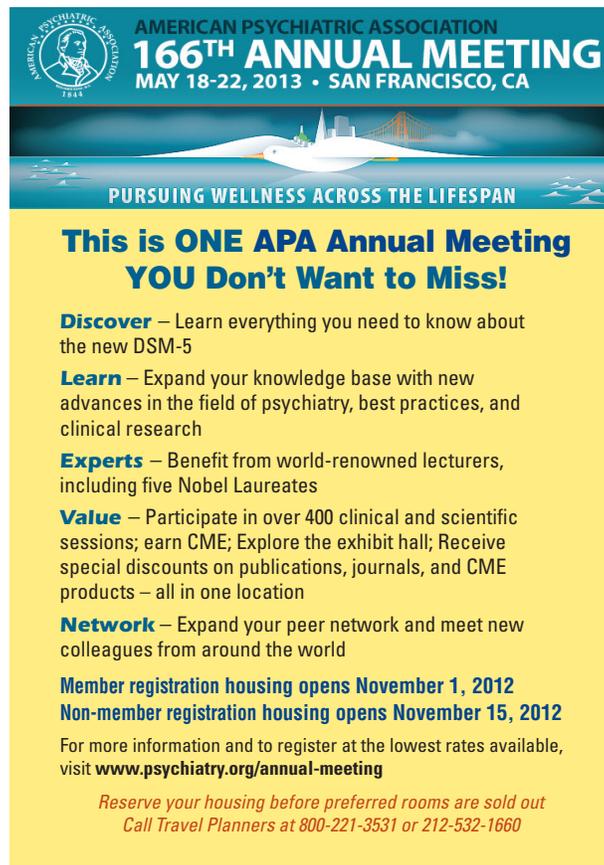
Stay Connected at APA's Annual Media via Social Media!

APA members attending the 2013 annual meeting can keep connected with events during the meeting. Follow [@apapsychiatric](#) on Twitter. Join the Annual Meeting conversation by using the hashtag #APAAM13. "Like" American Psychiatric Association on [facebook](#) to receive real-time updates from the meeting and download the Annual meeting event App. If you have any questions or comments about APA social media, e-mail Jennifer Dart at jdart@psych.org.

APA's 166th Annual Meeting

- Earn Education Credits through the [APA Annual Meeting Self-Assessment](#)

Which annual meeting sessions are best attuned to your needs? To answer that question and help you create an individualized schedule of sessions, APA has developed an educational activity—the 2013 APA Annual Meeting Self-Assessment in Psychiatry. The self-assessment is a 100-question examination on psychiatric practice areas covered in the ABPN content outline for the recertification exam and includes material related to APA practice guidelines and the core competencies of medical knowledge, patient care, interpersonal communication skills, systems-based practice, and professionalism. Participants can earn up to 8 hours of AMA/PRA Category 1 credit and fulfill a self-assessment component of the maintenance of certification process. Annual meeting registrants have been auto-enrolled and notified by email.

The banner features the American Psychiatric Association logo on the left, which includes a profile of a person's head and the year 1844. To the right of the logo, the text reads "AMERICAN PSYCHIATRIC ASSOCIATION" in a small font, followed by "166TH ANNUAL MEETING" in large, bold, white letters, and "MAY 18-22, 2013 • SAN FRANCISCO, CA" in a smaller white font. Below this text is a stylized illustration of a white ship on a blue sea, with a city skyline and a bridge in the background. Underneath the illustration, the tagline "PURSUING WELLNESS ACROSS THE LIFESPAN" is written in white. The bottom half of the banner has a yellow background with blue and black text. It starts with the headline "This is ONE APA Annual Meeting YOU Don't Want to Miss!". Below this are five bullet points, each starting with a bolded word: "Discover", "Learn", "Experts", "Value", and "Network". At the bottom, it provides registration dates for members and non-members, a website for more information, and a note about reserving housing.

AMERICAN PSYCHIATRIC ASSOCIATION
166TH ANNUAL MEETING
MAY 18-22, 2013 • SAN FRANCISCO, CA

PURSUING WELLNESS ACROSS THE LIFESPAN

**This is ONE APA Annual Meeting
YOU Don't Want to Miss!**

Discover – Learn everything you need to know about the new DSM-5

Learn – Expand your knowledge base with new advances in the field of psychiatry, best practices, and clinical research

Experts – Benefit from world-renowned lecturers, including five Nobel Laureates

Value – Participate in over 400 clinical and scientific sessions; earn CME; Explore the exhibit hall; Receive special discounts on publications, journals, and CME products – all in one location

Network – Expand your peer network and meet new colleagues from around the world

Member registration housing opens November 1, 2012
Non-member registration housing opens November 15, 2012

For more information and to register at the lowest rates available, visit www.psychiatry.org/annual-meeting

*Reserve your housing before preferred rooms are sold out
Call Travel Planners at 800-221-3531 or 212-532-1660*

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- **Kathi Heagerty, BSN, JD**
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Valley Behavioral Medicine

We are seeking a BC/BE part time Psychiatrist to join our established group practice as an independent contractor. Excellent financial opportunity. Our facility is located in Goshen, Orange County, New York. Interested candidates should fax their C.V. to 845-294-3785.

Psychiatry/Psychotherapy Office for Rent

Saturday all day, Sunday after 10:30

Route 45, Pomona

Shared Waiting Room, Wheelchair Accessible, Wall-to-Wall Windows,

Private Bath, Full Sound Insulation, Separate Entrance/Exit

Call Lorraine Schorr, MSW 354-5040

Depression Support Group

Depression support group meets 2 times a month in Pomona, NY. We are inviting new members at this time. We are moderated by a clinical social worker. This is not a therapy group but social support for people fighting depression. Call Kathy for more information (914) 714- 2837.

Rockland County Depression and Bipolar Support Alliance

is a peer-to-peer run support group for people with depression, bipolar disorder, anxiety disorder or any related mood disorder and their friends and family. The support group meets every Thursday night from 6:30 - 8:30 at St. John's Episcopal Church, located at 365 Strawtown Road in New City. Reservations are not required, you just need to show up. There is no fee for attending the support group meetings. This is a very warm and welcoming group run by people who have been there and can help. Any questions please call Leslie or Leonard at 845-837-1182.

OFFICE FOR RENT! MUST SEE!

Large, fully furnished office in beautiful suite at **11 Medical Park Dr.** Pomona, N.Y. Office is available full time and includes free utilities, free use of fax and copy machine. There is a large waiting area with a receptionist desk and a staff galley kitchen with refrigerator. Other offices in the suite are currently used by psychiatrists and psychologists.

Please contact Gloria Stone, MD or Steven M. Ratnow, PhD after Feb. 12
(845) 362-1474



Research Opportunity for Your Child or Teenager

If your child or teenager is healthy and at least six years old, they may be able to volunteer for a research opportunity at the Nathan Kline Institute. By participating, you and your child or teenager can learn about the tools scientists use to understand how the brain works.

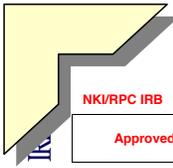
This study includes questionnaires, MRI scanning, and more. You and your child or teenager will be compensated up to \$200 and will get to see pictures of your child's brain.

Located in Orangeburg, NY
(exit 6W off the Palisades Parkway)
Also accessible via Red and Tan and
Coach bus services.



For more information or to participate call
845.398.2183 or email us at
rocklandsample@nki.rfmh.org





NKI/RPC IRB

Approved 1/18/13



Does your child or teenager often feel nervous or worried?



We are currently inviting children and teenagers, between the ages of 9 and 16 to participate in a research study to better understand how children pay attention to emotional faces. We hope to better understand how changing attention may reduce anxiety.

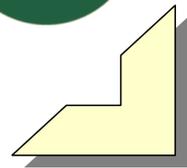
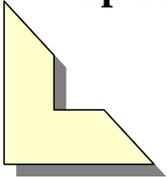
Participation in the study involves ONE visit to the Nathan Kline Institute for approximately 2 hours. The visit will include questionnaires, computer attention games, and an fMRI scan (a non-invasive way to look at the brain).

We will provide a financial compensation of \$50 for your time.

Located in Orangeburg, NY (exit 6W off the Palisades Parkway)
For more information call:

Alexis Moreno
845-398-2184
vrp@nki.rfmh.org

Catherine Stewart
646-754-5105
catherine.stewart@nyumc.org



Free Psychiatric Research Evaluations at the Nathan S. Kline Institute for Psychiatric Research

(No insurance needed!!)

Our psychiatric research evaluation may help diagnose emotional, behavioral, or developmental disorders.

We will evaluate children or adolescents eligible for approved programs, ages 6 and up, that may be experiencing problems with school, sleeping, relationships, substance abuse, attentiveness, or any other problem suspected.

Evaluation includes a thorough psychiatric research interview completed by a trained professional that will discuss present and past behaviors and symptoms, medical history, family history, interactions with others and an IQ screen.

Once the evaluation has been completed, you will receive feedback regarding your child's diagnosis as well as an opportunity for your child to participate in other research studies, if your child qualifies.

You will also be provided with a referral listing of Rockland County mental health clinicians and agencies.

Located in Orangeburg, NY (exit 6W off the Palisades Parkway) Also accessible via Red & Tan (#92)

For more information call:

Alexis Moreno

845-398-2184 vrp@nki.rfmh.org



Welcome to the Practice Management Alerts from the AMA

Clarification: Payers not accepting 2013 CPT codes? Report them. In response to questions regarding the “[Payers not accepting 2013 CPT codes? Report them](#)” PMAAlert that went out on January 7, 2013, we want to clarify that rejection of a valid Current Procedural Terminology (CPT®) code refers to the code itself not being recognized by the health insurer. This may happen when an insurer has not updated its database with the new codes introduced. The message was not intended to imply any information requiring health insurance coverage or reimbursement policy as stated in the instructions provided in the introduction of the 2013 valid *Current Procedural Terminology (CPT®) Professional edition*. In addition, while the CPT book instructions governing code recognition on January 1 appear in the introduction, instruction on the use of CPT codes appear throughout the CPT code set. **Was this alert helpful?** Forward it to a friend, and [invite them to sign up](#) for the AMA Practice Management Alerts to receive future alerts like this one.

Be an AMA member. Join the AMA today at ama-assn.org/go/membership or call (800) 262-3211 to be part of the efforts to help shape a better health care future.